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Community Engagement

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Summer 2020

## Elise Bovy - House of Hope

Elise Bovy  
*University of Northern Iowa*

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# Elise Bovy - House of Hope

## Robert and Yvonne Koob Fund for Student Community Engagement

Instructions: Please work with your internship supervisor to fill out this form. Once completed, return to Kristina Kofoot [redacted]

Name Elise Bovy Agency House of Hope

Intern's Phone Number and E-mail Address [redacted]  
[redacted]

Organization Contact Person and Phone Brooke Holohan

Academic Advisor and Phone Diane E Depken

Future Plans for student [redacted]  
[redacted]  
[redacted]

**What did you accomplish during your internship?**

My biggest accomplish was overall growth and learning. During my time at House of Hope, I helped start up a new program. Build relationships w/ the moms and kids. Helped create forms that will be used after my time, and take on duties staff didn't have the time to complete.

**How did the internship benefit the student?**

It benefited me in so many ways! It helped me to better understand the barriers of low income and single mothers. I learned skills of how to work w/ this population. I got great resources from the internship. I learned about the reality of working in a nonprofit similar to House of Hope. It gave me new networking and confidence. It really gave me hands on experience that I couldn't have learned in a classroom setting.

**How did the internship benefit the agency?**

It helped House of Hope get a new wellness program off the ground with forms, resources, and spreadsheets. It helped the moms be engaging, connecting, and teaching women through the new wellness program. The internship provided and enhanced the wellness education aspect at House of Hope.

**How does the internship benefit the community?**

By benefiting the women at House of Hope, the community is benefited since our organization offers services to the community. The internship helped to promote and improve sustainability in the women, who once they leave House of Hope can take that and help others, paying it forward.

**(Student to complete) One quote that describes the experience gained from completing this internship (to be used for promotional materials; please specify author of quote)?**

"Mindfulness practices enhance the connection between our body, our mind, and everything else <sup>that is</sup> around us. Mindful living is the key to understanding our struggles with weight and to empowering us to control our weight."  
- Thich Nhat Hanh

**(Intern supervisor to complete) One quote that describes the impact the intern had on the community (to be used for promotional materials; please specify author of quote)?**

"We need joy as we need air. We need love as we need water. We need each other as we need the earth we share."  
- Maya Angelou

**Please provide:**

- A reproducible photo of the intern in action at their internship for media purposes
- If applicable, a copy of materials created by the intern including but not limited to: books, program materials, videos, promotional materials etc.